Transcending the Physical

Unless an individual is willing to examine aspects of thought which contribute to internal conflict, the ability to overcome life's arduous struggles will prove difficult. As introspective thought requires a mind that is willing to examine underlying problems, before they have a chance to spiral out of control. Yet an individual can't perform this function, without being consciously aware of the difficulties that arise from an unexamined life. As insight requires a mindset that is undaunted by the hardship of everyday existence. For clarity of thought plays an essential part in healthy decision making. The more receptive the mind is to new information, the more informed one's decisions will be. Being able to adapt to circumstances without impulsive thought crippling the ability to act, crucial for decisive action.

To cultivate a mindset that is less reactive to external circumstances, requires consistent effort. As the struggles of daily life still exist, regardless of a shift in one's perception. The hardship of yesterday, providing a valuable insight into crucial aspects of life that require attention. While it can be an uncomfortable experience, introspection helps to reveal the reason for one's inner turmoil. Once an individual recognizes the wound that restricts the mind's potential, one can begin the process of healing. As the key to transformation lies in one's ability to release trauma of the past. The first step towards this end, is recognition of the wound. Once an individual can accept the past, releasing trauma associated with unpleasant memories. The outlook on life will gradually begin to change. This shift in awareness opens the door to a world of brighter possibilities.

Once an individual acknowledges the source of internal conflict, the path towards healing can begin. Recognition of the wound and the wisdom that

sprouts from hardship, acting as a catalyst for profound transformation. The more one surrenders to the process, obstacles of the past no longer hold the power to dim one's light. For the mind has broken free of the shackles that have limited one's potential to live without fear. The more empowered an individual becomes, the more resilient the mind becomes to the manipulation of external influences. Once an individual decides to sever the bonds that prevent them from living in alignment with their highest truth. The illusionary projections slowly begin to dissolve. As inner transformation can't occur without recognition of the past, and the trials and tribulations one has endured.